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ABSTRACT

This manual provides information on creditable and noncreditable foods in child care centers, before-and-after-school centers, family day care homes, and adult day care centers. Creditable foods are foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable according to guidelines concerning: (1) nutrient content; (2) customary function in a meal; (3) whether they meet regulations governing the Child Nutrition Programs; (4) whether they meet the Food and Drug Administration's Standards of Identity; (5) whether they meet the U.S. Department of Agriculture's Standard for Meat and Meat Products; and (6) whether they are in agreement with administrative policy decisions on the crediting of particular foods. While they may be served as extra foods, noncreditable foods do not meet the guidelines. Contents of this manual include a meal pattern food chart and information on the following components: milk; meat and meat alternatives; fruit and vegetables; and bread and bread alternatives. Also included is information on infant feeding, the crediting of combination foods, a menu checklist, and a list of foods high in vitamins A and C and iron. (RH)

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Creditable Foods Guide

for Child Care Centers

on the

Child Care Food Program

(Revised January 1990)

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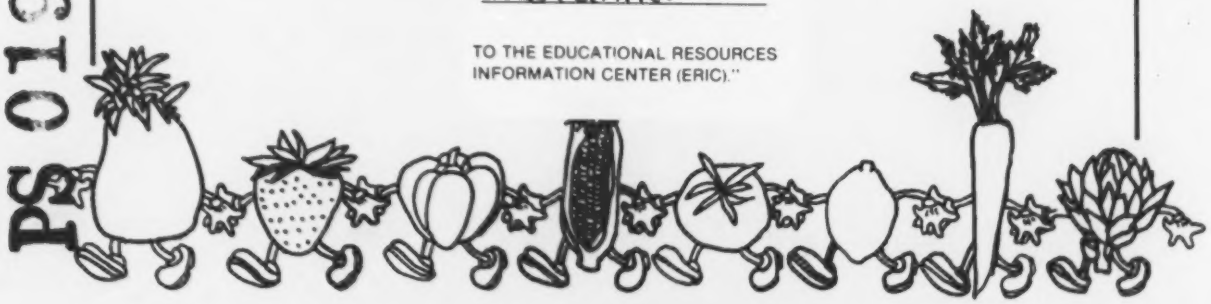

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Introduction

The goal of the Child Care Food Program (CCFP) is to improve the health and nutrition of children and adults in care while promoting the development of good eating habits.

This manual has been designed to provide additional information on creditable and non-creditable foods in child care centers, outside-school-hours centers, family day care homes, and adult day care centers.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following guidelines:

(1) nutrient content;
(2) customary function in a meal;
(3) whether they meet regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition);
(4) whether they meet the Food and Drug Administration (FDA) Standards of Identity;
(5) whether they meet the U.S. Department of Agriculture (USDA) Standard for Meat and Meat Products; and
(6) whether they are in agreement with administrative policy decisions on the crediting of particular foods.

Non-creditable foods are those that are not creditable because they do not meet the above criteria. Non-creditable foods may be served as an "extra" food but cannot be counted toward the meal pattern.

USDA reimburses child care centers, adult day care centers, and family day care homes participating in the CCFP for the meals and snacks it serves---not for individual foods served. A meal or snack is reimbursable if it contains those foods in the amounts outlined in the CCFP Meal Pattern Food Chart on page 4 and page 34.

The lists of creditable and non-creditable foods in this publication are not all inclusive. The publication includes only those foods about which our office has received inquiries or that we have noted as being credited incorrectly by centers or homes on the Child Care Food Program.

Definitions

1. **Child Nutrition Labeling** - A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the U.S. Department of Agriculture. The CN label allows manufacturers to state a product's contribution to the Child Care Food Program meal pattern requirements on their label. CN labeled products are not usually found in grocery stores, but are found at larger food retailers where food products are purchased in bulk. Also, CN labeled food products may be bought wholesale from some Child Care Food Program Sponsors.

2. **Child Nutrition Programs** - Programs funded by the U.S. Department of Agriculture which include: Child Care, School Lunch, Breakfast, and Summer Feeding Programs.

3. **Colorado Department of Health** - Agency which administers the Child Care Food Program in Colorado.

4. **Combination Foods** - Any single serving of food that contains two or more of the required meal components. See page 37 for more information.

5. **Component** - A food grouped in a certain category according to the Child Care Food Program, i.e. Milk Component, Meat/Meat Alternate Component, Fruit/Vegetable Component, and the Bread/Bread Alternate Component.

6. **Entree or Main Dish** - The main course of a meal that contains a meat and/or meat alternate.

7. **Food Buying Guide** - Resource published by USDA to determine the amount of food to purchase for the Child Nutrition Programs (FNS Program Aid 1331).

8. **Reimbursement** - Money received for serving meals and snacks.

9. **Product Specification Sheet or Product Analysis Sheet** - Information obtained from a food manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight.

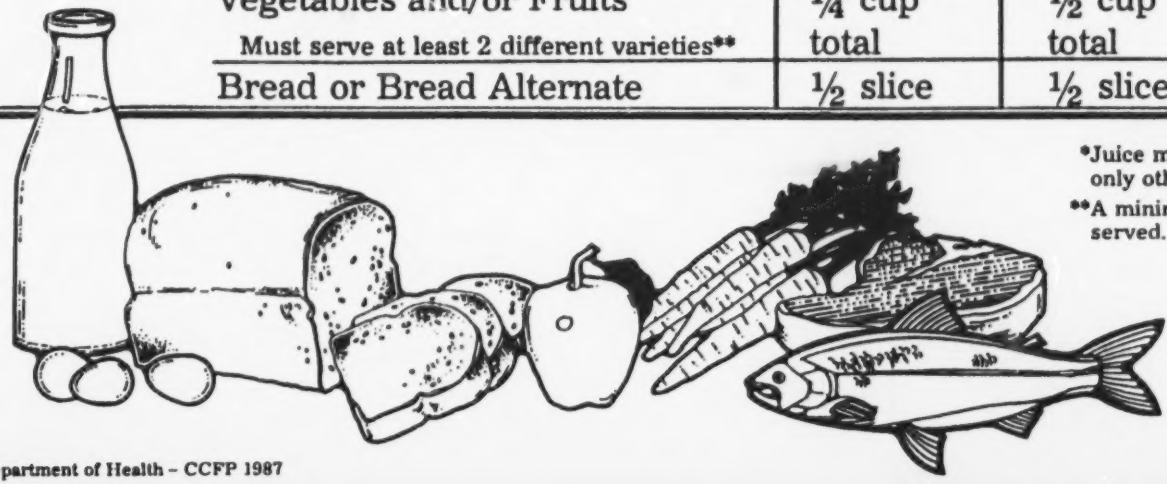
10. **Serving Size or Portion Size** - The weight, measure, or number of pieces or slices of food needed to serve one person. The serving size specified in the Meal Pattern Food Chart can be credited toward meeting the meal pattern requirements.

11. **Standard of Identity** - Government standard for content, preparation, and labeling of a food. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).

12. **United States Department of Agriculture (USDA)** - Federal agency which funds Child Nutrition Programs.

FOODCHART
Child Care Food Program

		AGE 1 up to 3	AGE 3 up to 6	AGE 6 up to 12
BREAKFAST	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Bread or Bread Alternate	½ slice	½ slice	1 slice
SNACK (Serve 2)*	Fluid Milk	½ cup	½ cup	1 cup
	Juice or Fruit or Vegetable	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Bread or Bread Alternate	½ slice	½ slice	1 slice
LUNCH/ SUPPER	Fluid Milk	½ cup	¾ cup	1 cup
	Meat or Poultry or Fish or	1 ounce	1½ ounces	2 ounces
	Cheese or	1 ounce	1½ ounces	2 ounces
	Egg or	1	1	1
	Cooked Dry Beans and Peas or	¼ cup	⅜ cup	½ cup
	Peanut Butter	2 tblsp.	3 tblsp.	4 tblsp.
	Vegetables and/or Fruits Must serve at least 2 different varieties**	¼ cup total	½ cup total	¾ cup total
	Bread or Bread Alternate	½ slice	½ slice	1 slice



*Juice may not be served if milk is the only other component at snack.

**A minimum of ⅛ cup each must be served.

Colorado Department of Health - CCFP 1987

Milk Component

To be eligible for cash reimbursement, each breakfast, lunch and supper must contain fluid milk. A snack may contain a fluid milk as one of the two food components served.

"Milk" means pasteurized fluid types of unflavored or flavored milk, such as whole milk, low-fat milk, skim milk, or cultured buttermilk, which meet state and local standards. **Reconstituted dry milk does not fit the definition of fluid milk and is not creditable.**

Milk is an important source of calcium, riboflavin, protein, vitamin A and D and other nutrients.

At breakfast, fluid milk may be served as a beverage or on cereal, or as both in combination. Both lunch and supper must contain a serving of fluid milk as a beverage. If milk is one of the two components served for snack, it must be fluid milk served as a beverage or on cereal. **Milk may not be served for snacks when juice is served as the only other component.** If a child is unable to drink milk, a medical statement must be on file, which states the substitute the child can have. Low-fat milk or skim milk is not recommended for children under 2 years of age.

Milk Amount Needed			
	1 up to 3	**3 up to 6**	**6 through 12**
Breakfast	**1/2 cup**	**3/4 cup**	**1 cup**
Lunch/Supper	**1/2 cup**	**3/4 cup**	**1 cup**
Snack	**1/2 cup**	**1/2 cup**	**1 cup**

Milk - Creditable and Non-creditable Food Chart

FOOD	YES	NO	COMMENTS
Acidified Milk	X		A fluid milk produced by souring fluid whole milk, low-fat, or skim milk with an acidifying agent. Examples: *Kefir Milk, Acidophilus Milk.*
Butter or Margarine		X	Does not fit the definition of milk component.
Buttermilk	X		
Cream		X	Does not fit the definition of milk component.
Cream Soups, sauces		X	" "
Custard		X	" "
Dry Milk, Reconstituted		X	" " See part 226.2 of the Regulations on continuing unavailability of fluid milk.
Eggnog	X		Commercial only (pasteurized). Homemade not acceptable because eating uncooked eggs may cause illness.
Evaporated Milk		X	Does not fit the definition of milk component.
Flavored Milk	X		
Fruit and/or Milk Shakes	X		Must contain the correct portion of milk. Commercial shakes are not creditable.
Goat's Milk	X		Must be canned milk, pasteurized and fortified. A medical statement must be on file.
Half and Half		X	Does not fit the definition of milk component.
Hot Chocolate	X		Made with fluid milk only.
Ice Cream, Ice Milk		X	Does not fit the definition of milk component.
Imitation Milk		X	Does not fit the definition of milk component. Example: *Meadow Fresh.*
Lactose-Reduced Milk	X		A fluid milk modified by the addition of lactose enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from a lactose reduced low-fat milk. A medical statement must be on file.
Low-fat Milk	X		Not recommended for children under 2 years of age.
Pudding, Pudding Pops		X	Does not fit the definition of milk component.
Raw or Certified Raw Milk		X	" "
Sherbet		X	" "
Skim Milk	X		Not recommended for children under 2 years of age.

(Milk, continued)

FOOD	YES	NO	COMMENTS
Sour Cream		X	Does not fit the definition of milk component.
Soy Milk	X		A medical statement must be on file.
UHT Milk	X		Ultra High Temperature Milk. Example: *Real Fresh.*
Whole Milk	X		
Yogurt		X	Does not fit the definition of milk component.

Questions and Answers about Milk

(1) **Q:** Why is reconstituted dry milk not creditable as fluid milk?

A: Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Part 226.20(f) of the regulations permits dry milk to be used only when the center is unable to obtain a supply of fluid milk on a continuing basis. In such cases, the Colorado Department of Health-Child Care Food Program may approve service of meals without fluid milk, provided that an equivalent amount of canned whole dry or non-fat dry milk is used in the preparation of the components of the meal. Prior approval must be obtained.

(2) **Q:** Can fluid milk mixed with juice be creditable for any meal?

A: The milk-juice mixture is creditable at breakfast, lunch and supper because it meets both the milk and fruit/vegetable component. The beverage must contain the required amount of each food component. **It is not creditable at snack.** The milk-juice mixture may only count as one component at snack, either milk or a fruit/vegetable.

(3) **Q:** Is a beverage made of milk and solid or concentrated fruit(s), or vegetable(s) creditable?

A: Yes, this type of beverage is creditable as both milk and fruit/vegetable when served for any meal or snack. The beverage must contain the required amounts of each food component.

(4) **Q:** If a child cannot have milk, can I still be reimbursed for breakfast and lunch?

A: Yes, if you obtain a written medical statement from a recognized medical authority stating that the child should not be served milk. The statement must specify a substitute food.

(5) **Q:** Can the milk used in the preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?

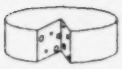
A: No. The milk served must be served as a beverage and/or poured over cereal at breakfast or snack.

(6) **Q:** Can milk be purchased directly from a farm?

A: Yes, as long as it is pasteurized fluid milk which meets state and local health standards. Also, it must include vitamin A and D levels consistent with state and local standards.

(7) **Q:** Can milkshakes be served to meet the milk requirement?

A: Yes. To be creditable, milkshakes served as a part of a reimbursable lunch or supper must contain the amounts of milk found on page 5. **Exception: Because it is impossible to determine the amount of milk in commercially bought milkshakes, they are not creditable.**



Meat/Meat Alternate Component

Lunch and supper must contain a meat or meat alternate. A snack may contain a meat/meat alternate as one of the two food components served. A meat/meat alternate is not required at breakfast.

A serving of cooked meat is defined as lean meat without bone. Meats cannot contain extenders or binders such as dried milk, soy flour, soy protein, isolated soy protein, starchy vegetable flour, calcium-reduced skim milk, or cereal. Meat includes lean meat such as beef, pork, lamb, veal, turkey, chicken, and fish. Meat alternates include cheese, peanut butter, eggs, cooked dry beans or peas, nuts and seeds and their butters.

Meat and meat alternates are an important source of protein, iron, B vitamins (thiamine, riboflavin, niacin) and other nutrients.

Meat/Meat Alternate Amounts Needed at Lunch and Supper

	1 up to 3	3 up to 6	6 through 12
Lean Meat, Poultry, or Fish	1 ounce	1 1/2 ounces	2 ounces
or Cheese	1 ounce	1 1/2 ounces	2 ounces
or Cottage Cheese, Cheese Spread, Cheese Food	2 ounces (or 1/4 cup)	3 ounces (or 3/8 cup)	4 ounces (or 1/2 cup)
or Eggs	1 egg	1 egg	1 egg
or Cooked Dry Beans/Peas	1/4 cup	3/8 cup	1/2 cup
or Bean/Pea Soup, (reconstituted)	1/2 cup	3/4 cup	1 cup
or Peanut Butter, Soynut Butter, or Other Nut and Seed Butters	2 tablespoons	3 tablespoons	4 tablespoons
or Peanuts, Soynuts, Tree Nuts and Seeds (Must use nuts or seeds in combination with another meat/meat alternate.)	1/2 ounce	3/4 ounce	1 ounce

▪Meat/meat alternate is not required at breakfast. ▪Snack may contain a meat/meat alternate as one of the two food components served. 1/2 ounce of meat/meat alternate is required for 1-to-6 year olds and 1 ounce is required for 6-through-12 year olds at snack.

Commercially-bought processed foods such as ravioli, chili mac and spaghetti with meat sauce may not count as meat/meat alternates unless extra cheese or meat is added or the product is CN Labeled(see Child Nutrition Labeling on page 3).

Meats - Creditable and Non-creditable Food Chart

FOOD	YES	NO	COMMENTS
Bacon or Imitation Bacon		X	Low protein content, high in fat and sodium.
Beef	X		
Beef Jerky	X		Made with pure beef; use sparingly because of high sodium content and cost.
Braunschweiger	X		Cannot contain binders or extenders.
Canadian Bacon	X		Limit use, high in sodium.
Cured Pork Products	X		Example: sausage, pepperoni; limit use, high in sodium.
Fish	X		
Frankfurters or Hot Dogs	X		Cannot contain binders or extenders.
Home-slaughtered Meats		X	Not allowed; against Colorado Revised Statutes, Article 6, paragraph 113 and of Federal Regulations Code, Title IX, Chapter 3.
Lamb	X		
Liverwurst	X		Cannot contain binders or extenders.
Luncheon Meat	X		Cannot contain binders or extenders.
Meat Sauce	X		Homemade only.
Ox Tail	X		
Pig's Feet	X		A 4 ounce serving will yield a 2 ounce portion of cooked lean meat; not recommended for pre-schoolers.
Pig's Tail		X	Not an adequate amount of meat.
Pork	X		
Pot Pies, Commercial		X	Do not contain adequate amounts of meat.
Potted Meats		X	High in sodium, includes binders and extenders.
Poultry	X		Example: chicken, turkey, cornish hen.
Pressed Meat Products	X		Example: *Spam*; limit use; high in sodium.
Salt Pork		X	High in fat.
Seafood	X		Example: shrimp, crabs, scallops, imitation crab.
Veal	X		

(Meats, Continued)

FOOD	YES	NO	COMMENTS
Vienna Sausages	X		Cannot contain binders or extenders.
Wild Game and Fowl		X	Not allowed; see "Home-slaughtered Meats" on page 10.

Meat Alternates - Creditable and Non-creditable Food Chart

FOOD	YES	NO	COMMENTS
Acorns		X	Low protein content.
Bean/Pea Soup	X		Homemade or commercial. See page 9 for amounts needed.
Cheese	X		Natural or processed.
Cheese Food or Cheese Spread	X		Example: *Cheez Whiz, Velveeta;* Must double portion size.
Cheese in Commercial Macaroni & Cheese Products		X	Not able to determine the amount of cheese in the product. The macaroni, if enriched, may be creditable as a **bread alternate.**
Cottage Cheese	X		Must double portion size.
Cream Cheese		X	High in fat and low in protein.
Dried Beans	X		Example: peas, pinto beans, lentils, blackeye peas, great northern, soybeans, kidney. Count as either a vegetable or a meat alternate, but not both at the same meal.
Eggs	X		Fresh or dried.
Egg Custard	X		**Snack only.**
Loma Linda Meat		X	Federal regulations do not allow except in certain situations. You must contact our office first for approval.
Neufchatel Cheese		X	Low in protein.
Nuts and Seeds and Their Butters	X		Example: peanuts, soynuts, walnuts, pecans, almonds, cashews, sesame, sunflower.
Nut and Seed Flour		X	Federal regulations do not allow except if all requirements of appendix A in the regulations are met.
Peanut Butter	X		

(Meat Alternates, continued)

FOOD	YES	NO	COMMENTS
Peanuts in Cracker-Jack-type Products		X	Not enough peanuts in product. Considered a snack-type item.
Quiche	X		
Ricotta Cheese	X		
Tempeh		X	Fermented soybean; USDA has no Standard of Identity for this product.
Tofu		X	Tofu is a soybean curd which has the general color and shape of cream cheese. FDA has no Standard of Identity for tofu, so the product can vary from one manufacturer to another.
Vegetable Protein	X		Must be served in combination with meat, poultry, or fish. A maximum of 30% rehydrated VPP to 70% meat, poultry, or fish must be served.
Yogurt	X		**Creditable at snack only as a meat alternate**. The minimum serving requirement for 1-to-6 year olds is 2 ounces or 1/4 cup; for 6-to-12 year olds 4 ounces or 1/2 cup is required. Yogurt may be plain, sweetened, or flavored. Homemade yogurt, commercially prepared frozen yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts or similar products cannot be claimed as yogurt.

Questions and Answers about Meats/Meat Alternates

(1) **Q:** Why are nuts and seeds and nut and seed butters allowed as a meat/meat alternate?

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Program. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. In the past, nuts have always been considered a snack food. Nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes.

Nuts are not recommended for children under 3 years old because choking may occur.

(2) **Q:** Are grated romano and parmesan cheeses creditable?

A: Yes. However, small amounts used as a garnish, or seasoning, or in breadings should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, 3/8 cup serving provides 1 ounce of meat alternate.

(3) **Q:** Can pizza be credited as a meat/meat alternate?

A: Yes, if it is CN labeled or homemade.

(4) **Q:** Can vegetarian meals be served in the CCFP?

A: Yes. The meals must meet meal pattern requirements. Examples of meat alternates that are creditable in the CCFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, cooked dry beans and peas, nuts and seed butters or any combination of the above.

(5) **Q:** We have several children that attend our day care that cannot eat certain foods because of religious reasons. How do we claim these children on the food program?

A: The center may request that alternate meal patterns be allowed by submitting a letter to the Colorado Department of Health-Child Care Food Program stating the reasons for the proposed changes. At that time, the department will make a decision based on the nutritional needs of the children.

(6) **Q:** How many fish sticks do I need to serve to meet CCFP requirements?

A: CCFP serving size refers to cooked edible fish, not the breading. The examples below show how much fish must be served to meet the creditable amount of actual fish.

Fish Product	Portion Size	Creditable Amount
Frozen Fried Breaded Fish Sticks	3-one ounce sticks	1.5 ounces
Frozen Raw Breaded Fish Sticks	3-one ounce sticks	1.5 ounces
Frozen Fried Breaded Fish Portions	3 ounces	1.6 ounces
Frozen Raw Breaded Fish Portions	3 ounces	1.7 ounces
Frozen Unbreaded Fish Portions	3 ounces	1.6 ounces

16

Fruit/Vegetable Component

Breakfast must contain a serving of a vegetable, a fruit, or a full-strength juice. Lunch and supper must contain a serving of two or more vegetables or fruits, or a combination of both. Full-strength juice may be served to meet one component at lunch or supper. A snack may contain a fruit, a vegetable, or a full-strength juice as one of the two food components served. However, juice may not be served when milk is served as the only other snack component.

Fruits include, but are not limited to, oranges, bananas, apples, grapes, plums, pineapples, etc. Vegetables include, but are not limited to, green beans, broccoli, cauliflower, carrots, spinach, etc.

Vegetables and fruits are an important source of fiber, iron, minerals, vitamins C and A, and other nutrients. Fresh fruits and vegetables usually have the most nutrients and offer children variety. However, frozen and commercially canned fruits and vegetables are also a good source of nutrients. Serving a variety of fruits and vegetables is encouraged by the Colorado Department of Health-Child Care Food Program to expose children to new food experiences and provide them with varied nutrients.

Home canned products are **NOT** acceptable because of health and safety reasons. Home frozen products are creditable. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or garnishes are not to be counted. Combinations of vegetables on items such as sandwiches (example: lettuce, tomato) or pizza (example: mushrooms, green peppers) count only as one vegetable.

Fruit/Vegetable Amounts Needed

	1 up to 3	3 up to 6	6 through 12
Breakfast	**1/4 cup**	**1/2 cup**	**1/2 cup**
Lunch and Supper (2 or more fruits and/ or vegetables)	**1/4 cup total**	**1/2 cup total**	**3/4 cup total**
Snack	**1/2 cup**	**1/2 cup**	**3/4 cup**

Fruits/Vegetables - Creditable and Non-creditable Food Chart

FOOD	YES	NO	COMMENTS
Ade Drinks		X	Not 100% full-strength juice. Example: lemonade.
Apple Butter		X	Not enough fruit present.
Apple Cider	X		
Bean and Pea Soup	X		1 cup commercial, reconstituted soup = 1/4 cup vegetable for 3-to-6 year olds.
Catsup or Chili Sauce		X	Not enough vegetable present.
Cranberry Sauce	X		
Coconut		X	High in fat, low in nutrients.
Dehydrated Soup Mixes		X	Not enough vegetable present.
Dried Beans or Peas	X		Count as either a vegetable or a meat alternate but not both at the same meal.
Dried Fruit	X		
Fig Newtons		X	Not enough fruit present.
Fruit-Flavored Powders or Syrups		X	Not enough fruit juice present. Example: *Tang.*
Fruit or Juice in Gelatin	X		
Fruit or Vegetable Juice	X		Only 100% full-strength juice; include type of juice on menus.
Fruit Nectar		X	Not 100% juice.
Fruit or Juice Cocktail Drinks		X	Not 100% juice.
Fruit Leathers or Fruit Rollups		X	Not enough fruit present; contributes to tooth decay.
Fruit Punch		X	Not 100% juice.
Fruit Pie Filling, Commercial	X		Count 1/2 cup of fruit pie filling as 1/4 cup fruit.
Fruit Pie Filling, Homemade	X		Count the actual amount of fruit.
Fruits or Vegetables Added to Quick Breads		X	Not enough fruit present.

(Fruits/vegetables, continued)

FOOD	YES	NO	COMMENTS
Gelatin, Plain or Flavored		X	Low in nutrients, high in sugar.
Green Chiles or Green Chile Sauce	X		Must contain at least 1/8 cup green chiles.
Hominy		X	Not made from the whole kernel of corn.
Jellies, Jams, Preserves		X	Not enough fruit present; high in sugar.
Juice Bars, Frozen	X		Homemade with 100% juice only.
Kool-aid		X	Not 100% juice.
Lemon Pie Filling		X	High in sugar.
Olives		X	High in sodium.
Pickles, Pickle Relish		X	High in sodium.
Pizza Sauce, Commercial	X		Tomatoes, tomato sauce, or tomato paste must be the first ingredient listed. If tomato sauce or tomatoes are the first ingredient, water cannot be in the list of ingredients. If tomato paste is the first ingredient, water may be listed.
Pop Tart Filling		X	Not enough fruit present.
Popsicles		X	Not 100% juice.
Posole		X	Not made from the whole kernel of corn.
Potato Skins	X		
Spaghetti Sauce, Commercial	X		See "Pizza Sauce" above.
Sprouts	X		Example: Alfalfa, Bean.
Vegetable Soups	X		Example: Vegetable, Minestrone, Tomato 1 cup commercial, reconstituted soup = 1/4 cup vegetable for 3-to-6 year olds.
V-8 Juice	X		

Questions and Answers about Fruits/Vegetables

(1) **Q:** Are foods like coleslaw, potato salad, or waldorf salad creditable?

A: The fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a 1/4 cup serving of coleslaw containing non-creditable ingredients would not equal a 1/4 cup of fruit/vegetable.

(2) **Q:** Can fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?

A: No. These types of items are considered as only one item.

(3) **Q:** How are fruits and vegetables counted in combination dishes such as beef stew?

A: Only one component of a fruit/vegetable can be counted in a combination dish. For example, if the beef stew you served contained stew meat, potatoes, carrots, and onions; the beef stew would only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served. **However, a Chef Salad or a fruit salad (with Meat/Meat Alternate) may be creditable as two servings of fruit/vegetable because two or more fruits or vegetables are identifiable as individual servings and served as part of an entree (see Crediting Combination Foods on page 37).**

(4) **Q:** How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?

A: A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce **AND** vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is Child Nutrition Labeled (see page 3).

(5) **Q:** How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3-to-6 year old at lunch/supper?

A: Tomato Paste, 1 tablespoon = 1/4 cup vegetable
Tomato Puree, 2 tablespoons = 1/4 cup vegetable
Tomato Sauce, 4 tablespoons = 1/4 cup vegetable

(6) **Q:** Are the raisins in rice or bread pudding creditable?

A: Yes. However, at least 1/8 cup must be in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

(7) **Q:** How can I tell if juice is 100% full-strength juice?

A: The label will state "Juice", "Full-strength Juice", "Single-strength Juice", "Reconstituted Juice", "Juice from Concentrate", or "Juice Concentrate". **Juice that has the word "cocktail", "natural", "beverage" or " drink" on the label is <u>not</u> 100% juice.**

(8) **Q:** Can the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?

A: Yes. However, at least 1/8 cup must be present in each serving. Gelatin or pudding alone will not meet the CCFP requirement.

(9) **Q:** Are edible plants such as dandelion greens, burdock and lamb's quarters (pigweed) creditable?

A: Yes, they are considered a vegetable.

(10) **Q:** Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?

A: Yes. However, only the fruit portion of the sauce, i.e. the orange juice or blueberries, is creditable. At least 1/8 cup must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

(11) **Q:** Are dehydrated vegetables creditable and how are yields determined?

A: Yes. dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the **rehydrated** volume not the fresh volume that may be stated on the container. Keep in mind that rehydration yields on the container often vary from brand to brand. This means that the following procedure must be used for each brand of dehydrated product to determine the yield.

Determine the rehydrated volume as follows:

a) Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturer's directions. If the directions are not on the container, request rehydration directions from the manufacturer.

b) Measure the rehydrated volume.

c)Measure the number of 1/4 cup servings of rehydrated product one purchase unit provides.

d)Keep a record of the yield data obtained at the child care center as verification. Records should include information on the size of the purchase unit, the number 1/4 cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturer's directions for how to rehydrate the product.

Bread/Bread Alternate Component

Breakfast, lunch and supper must contain a serving of bread/bread alternate. A snack may contain a bread/bread alternate as one of the two food components served. Bread/bread alternates must serve the customary function of bread in a meal, that is, as an accompaniment to, or integral part of, the main dish **not as a dessert.**

Bread products include items such as sliced bread, bagels, muffins, etc. Bread alternates include hot or cold cereals, pasta, rice, etc. Do not serve items such as brownies, cookies, doughnuts, granola bars, Pop Tarts, etc., more than twice a week because these items are high in sugar and fat.

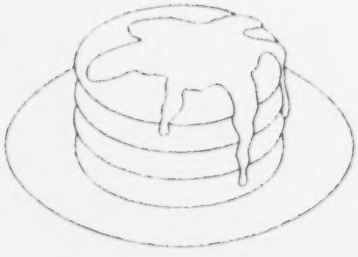
Bread products are an important source of iron, thiamine, niacin, riboflavin, and often fiber in our diets.

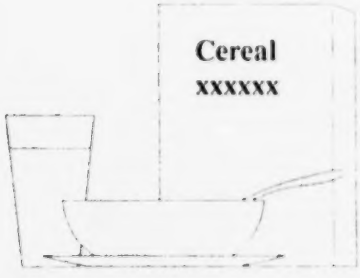
The heaviest ingredient in a bread/bread alternate must be: (1) a whole-grain flour and/or (2) enriched flour and/or (3) enriched meal. If the product's ingredient label does not show any of these three items as the first ingredient, it must list all of the following nutrients for the product to be considered acceptable as a bread/bread alternate: **iron, thiamine, riboflavin, and niacin.**

Bread/Bread Alternate Amounts Needed for Breakfast, Lunch, Supper, and Snack

	1 up to 3	3 up to 6	6 through 12
Bread	**1/2 slice**	**1/2 slice**	**1 slice**
***or Cold Dry Cereal**	**1/4 cup (or 1/3 oz.)**	**1/3 cup (or 1/2 oz.)**	**3/4 cup (or 1 oz.)**
or Pasta/Noodles	**1/4 cup**	**1/4 cup**	**1/2 cup**
or Cooked Cereal/ Grains	**1/4 cup**	**1/4 cup**	**1/2 cup**

***Cold dry cereal not creditable at lunch or supper.**





Weight Table for Breads/Bread Alternates

(Adapted from page 119 of the Food Buying Guide, January 1984)

Group A - Breads, Rolls, and Quick Breads

1 serving for 1-to-6 year olds = 13 grams (0.5 ounce)
1 serving for 6-through-12 year olds = 25 grams (0.9 ounce)

-Bagels
-Biscuits
-Boston Brown Bread
-Breads, Sliced, All Types (white, rye, whole wheat, raisin, quick breads,etc.)
-Coffee Cake
-Corn Bread
-Croissants
-Doughnuts
-Egg Roll/Won Ton Wrapper
-English Muffins
-French, Vienna, or Italian Bread
-Muffins
-Pizza Crust
-Pretzels, Soft
-Rolls and Buns
-Stuffing, Bread in Stuffing
-Sweet Rolls and Sweet Buns
-Syrian Bread (Pita Bread)

Group B - Crackers and Low-Moisture Breads

1 serving for 1-to-6 year olds = 10 grams (0.4 ounce)
1 serving for 6-through-12 year olds = 20 grams (0.7 ounce)

-Batter and/or Breading
-Bread Sticks (dry)
-Chow Mein Noodles
-Graham Crackers
-Melba Toast
-Rye Wafers
-Saltine Crackers
-Soda Crackers
-Taco Shells
-Taco Chips
-Toaster Pastries
-Zwieback

Group C - Miscellaneous Items

1 serving for 1-to-6 year olds = 15 grams (0.5 ounce)
1 serving for 6-through-12 year olds = 30 grams (1.1 ounces)

-Dumplings
-Hush Puppies
-Main Dish Pie Crust
-Main Dish Turnover Crust
-Pancakes
-Puff Pastry Shell
-Rice Cakes
-Sopapillas
-Spoon Bread
-Tortillas
-Waffles

Note: Cookies, Granola Bars
1 serving for 1-to-6 year olds = 18 grams
1 serving for 6-through-12 year olds = 35 grams

Group D - Pastas, Cereal Grains, and Dry Cereal

1 serving **cooked** cereal for 1-to-6 year olds = 1/4 cup (.5 ounce dry)
1 serving **cooked** cereal for 6-through-12 year olds = 1/2 cup (.9 ounce dry)
1 serving **dry cold** cereal for 1-to-3 year olds = 1/4 cup (.33 ounce)
1 serving **dry cold** cereal for 3-to-6 year olds = 1/3 cup (.5 ounce)
1 serving **dry cold** cereal for 6-through-12 year olds = 3/4 cup (1 ounce)

-Barley
-Bulgur
-Corn Grits
-Cooked Cereal
-Dry Cold Cereal
-Noodles
-Macaroni
-Rice
-Other Spaghetti and Pastas

Bread/Bread Alternates- Creditable and Non-creditable Food Chart

FOOD	YES	NO	COMMENTS
Bagels	X		
Bread	X		
Breading/Batter		X	On foods such as commercial fish sticks, chicken or fish nuggets; CN labeled products are acceptable for breading if stated on label.
Bread Stuffing, Commercial		X	Only homemade stuffing counts.
Brownies	X		**Snack only.**
Bread Pudding	X		**Snack only.**
Bread Sticks	X		
Cakes or Cupcakes		X	High in sugar.
Cereals	X		Includes dry and cooked cereals.
Chips, Snack Types		X	Includes Fritos, potato chips, hard pretzels.
Chow Mein Noodles	X		
Coffee Cake, Cinnamon Rolls, Danish	X		**Breakfast and Snack only.**
Cookies	X		**Snack only.**
Cornbread or Hush Puppies	X		
Corndog Breading	X		
Crackers	X		
Crepes	X		Serve as an accompaniment to, or as an integral part of the main dish.
Croissants	X		
Doughnuts	X		**Breakfast and Snack only.**
Dumplings	X		
Egg Roll or Won Ton Wrapper	X		
English Muffin	X		
Gingerbread	X		**Breakfast and Snack only.**
Granola Bars	X		**Snack Only.**
Grits, Corn and Hominy Grits	X		

(Bread/Bread Alternates, continued)

FOOD	YES	NO	COMMENTS
Hominy		X	Not made from the whole kernel of corn.
Ice Cream Cones		X	Serving size not practical.
Muffins	X		
Noodles	X		
Oatmeal	X		
Pancakes	X		
Pie Crust, Dessert		X	Not considered an integral part of the meal.
Pie Crust, Main Dish	X		Example: quiche crust, hamburger pie crust, pizza crust.
Pita Bread	X		
Popcorn		X	Low in nutrients; choking can occur in small children.
Popovers	X		
Pop Tarts	X		**Breakfast and Snack only.**
Pretzels, Soft	X		Must state Homemade (HM) or "Soft" on menus.
Puff Pastry	X		
Quick Breads	X		Example: Banana, Pumpkin, Zucchini; enriched flour or whole-grain must be heaviest ingredient, not fruit.
Quinoa	X		A cereal-like plant product derived from an herb creditable as a whole-grain type of flour. Seeds may be red, white or black.
Rice	X		Example: White, Brown, Wild Rice.
Rice Cakes	X		**Breakfast and Snack only.**
Rice Pudding	X		**Snack only.**
Rolls, Biscuits	X		
Shaklee Energy Bars		X	Heaviest ingredient not enriched or whole-grain flour or meal.
Sopapillas	X		
Tapioca		X	High in sugar; low in nutrients.
Taco Shells	X		
Taco Chips or Tortilla Chips	X		Only low salt, with whole-grain or stone-ground corn as first ingredient; do not serve more than twice a week. See "Tortillas" on page 23.

(Breads/Bread Alternates, continued)

FOOD	YES	NO	COMMENTS
Tortillas	X		The heaviest ingredient must be whole-grain corn , whole ground corn, cornmeal, corn flour, enriched cornmeal, enriched corn flour, enriched corn grits. **These grains are not creditable: corn grits, degerminated corn flour and degerminated corn meal.**
Waffles	X		
Wafers	X		Example: Rye, Vanilla; **Snack only.**
Wheat Germ		X	Not a whole-grain.

Reminder: The heaviest ingredient in the product must be enriched or whole-grain flour or meal to be creditable as a bread/bread alternate.

Questions and Answers about Breads/Bread Alternates

(1) **Q:** Are Fig Newton-type cookies creditable as a bread/bread alternate?

A: Yes, if the first ingredient is enriched or whole-grain flour or meal.

(2) **Q:** Are Rice Krispie bars or similar bars made from a cereal product creditable?

A: Yes. These "cereal snacks" may be creditable for **snacks only**, if the cereal is whole-grain or enriched or fortified, and if the amount of cereal per serving equals the amounts on page 19. Do not serve more than twice a week.

(3) **Q:** Can nut or seed meal or flour be used to meet the bread/bread alternate requirement for a meal?

A: No. Nuts and seeds are not grains and there are no standards of enrichment for these foods.

(4) **Q:** Can pie crust be credited as a bread alternate?

A: Yes. If the crust is being served as an accompaniment to, or as an integral part of the main dish (the main dish contains the meat/meat alternate). Also, the heaviest ingredient in a pie crust by weight must be enriched or whole-grain flour or meal. **Pie crusts served as part of a dessert are not creditable because bread is not customarily served in a meal as a dessert.**

(5) **Q:** Are granola bars acceptable bread alternates?

A: Yes. Commercial and homemade granola bars which meet the general criteria for bread alternates are creditable for **snacks only.** The serving size for granola bars for 1-to-6 year olds is 18 grams. Granola bars are considered a cookie because of its high sugar and fat content and we recommend that they not be served more than twice a week.

(6) **Q:** Is granola cereal an acceptable bread alternate?

A: Yes. Commercial and homemade granola cereals are acceptable bread alternates for **breakfast and snacks only**. However, only the grain portion of the cereal is creditable as a bread alternate. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size. The amount required is on page 19.

(7) **Q:** Can crackers be served as a bread alternate?

A: Yes. Crackers can be served as a bread alternate for breakfast, lunch, supper, or snack. 1-to-6 year olds need 10 grams per serving. Some crackers are high in fat, sugar, or salt and should be avoided. Some popular crackers have been evaluated to determine the amount of crackers that equal one serving for 1-to-6 year olds and 6-through-12 year olds:

Name of Cracker	Amount Needed for One Serving	
	1-to-6	6-through-12
AnimalCrackers	4	7
Cheez-It	8	14
Teddy Grahams	8	14
Club Crackers	1 1/2 squares	3 squares
Graham Crackers	2 squares	3 1/2 squares
Melba Toast	2	4
Mini Ritz	10	18
Wheat Thins	5	10
Rice, Rye, or Corn Cakes (regular size, not mini)	1	2
Ritz Crackers	4	7
Rye Krisp	2	3
Saltines	4 squares	7 squares
Soup and Oyster Crackers	1/4 cup	1/3 cup
Triscuits	4	7

Taken from: Iowa Department of Education -Child Care Food Program

How to Determine if Homemade Bread Products are Creditable

The following information will help you determine if your recipes are creditable by calculating the weight of the major ingredients and determining the number of servings of each recipe. Part 1 of this section provides step by step evaluation of sample recipes. Use the Weights of Commonly Used Ingredients chart (see page 31) to determine the weights of various ingredients.

PART 1

For a Bread/Bread Alternate: Remember, in order to meet CCFP requirements, a bread/bread alternate's heaviest ingredient must be made from enriched or whole-grain flour or meal in the product. Determine the weight of similiar foods together. For instance, group sweetening agents together, such as granulated sugar, brown sugar, confectioners sugar, corn syrup, molasses, honey, etc.

Sample Recipe 1: Muffins

1 3/4 cups enriched all-purpose flour
1/4 cup granulated sugar
2 1/2 teaspoons baking powder
1 large egg
3/4 cup milk
1/3 cup vegetable oil

Step 1: Determine the total weight of the flours/grains in the recipe.

1 3/4 cup Flour = ? grams
1 cup Flour = 126 grams (see Weights of Commonly Used Ingredients chart on page 31)
1.75 cup Flour (convert 1 3/4 into a decimal) X 126 grams = 220.5 grams
1 3/4 cup Flour = 220.5 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars

1/4 cup Granulated Sugar = ? grams
1 cup Sugar = 196 grams (see chart)
.25 cup Sugar (convert 1/4 into a decimal) X 196 grams = 49 grams
1/4 cup Sugar = 49 grams

Eggs

1 large Egg = 50 grams (see chart)

Milk

3/4 cup Milk = ? grams
1 cup Milk = 241 grams (see chart)
.75 cup Milk (convert 3/4 into a decimal) X 241 = 180.75 grams
3/4 cup Milk = 180.75 grams

Fats

1/3 cup Vegetable Oil = ? grams
1 cup Vegetable Oil = 209 grams (see chart)
.33 cup Vegetable Oil (convert 1/3 into a decimal) X 209 = 68.97 grams
1/3 cup Vegetable Oil = 68.97 grams

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

1 3/4 Cup Flour	= 220.5 grams
1/4 Cup Sugar	= 49 grams
1 Egg	= 50 grams
3/4 Cup Milk	= 180.75 grams
1/3 Cup Vegetable Oil	= 68.97 grams

Because the weight of the flours/grains is greater than the weight of the other ingredients, this product meets CCFP requirements as a bread/bread alternate.

Step 4: How many servings will this recipe make for children 1-to-6 years old?

A. Determine the total weight of the flours/grains in your recipe.
Flour = 220.5 grams (see Step 1)

B. Each serving of the bread product must supply a minimum of 8 grams enriched or whole-grain flour or meal for children 1-to-6 years old.

C. 220.5 grams÷8 grams = 27.6 grams
This Muffin recipe yields a minimum of 27 equal servings for children 1-to-6 years old. A larger portion may be served.

Sample Recipe 2: Pumpkin Bread

2 cups enriched all-purpose flour, sifted
2 teaspoons baking powder
1/2 teaspoon allspice
1/4 teaspoon baking soda
1/2 cup brown sugar, packed
1/2 cup granulated sugar
1/3 cup vegetable shortening
2 large eggs
1 cup pumpkin, canned
1/4 cup milk

Step 1: Determine the total weight of the flours/grains in the recipe.

2 cups Flour, sifted = ? grams
1 cup Flour, sifted = 116 grams (see chart)
2 X 116 = 232 grams
2 cups Flour, sifted = 232 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars
1/2 cup Brown Sugar = 105.5 grams (see chart)
1/2 cup Granulated Sugar = 98 grams (see chart)
Total Sugars = 203.5 grams

Fats
1/3 cup Shortening = ? grams
1 cup Shortening = 187 grams (see chart)
.33 Shortening (converted 1/3 into decimal) X 187 = 61.71 grams
1/3 cup Shortening = 61.71 grams

Eggs
2 Eggs = ? grams
1 Egg = 50 grams (see chart)
2 X 50 = 100 grams
2 Eggs = 100 grams

Fruits/Vegetables
1 cup Pumpkin, canned = 238 grams (see chart)

Milk
1/4 Milk = ? grams
1 cup Milk = 241 grams (see chart)
.25 Milk (converted 1/4 into decimal) X 241 = 60.25 grams
1/4 cup Milk = 60.25 grams

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

2 cups Flour, sifted	= 232 grams
1/2 cup Brown Sugar **and** 1/2 cup Granulated Sugar	= 203.5 grams
1/3 cup Shortening	= 61.71 grams
2 Eggs	= 100 grams
1 cup cooked Pumpkin, canned	= 238 grams
1/4 cup Milk	= 60.25 grams

In this recipe, flour does not weigh more than the other ingredients. Pumpkin is the heaviest ingredient. Therefore, this recipe would **not** be creditable as a bread/bread alternate. To

make this recipe creditable as a bread/bread alternate, simply increase the amount of flour by 1 tablespoon. **(Quick breads with fruit may not count as a fruit/vegetable component because the serving size would be impractical and difficult for a young child to eat).**

Step 4: How many servings will this recipe make for children 1-to-6 years old if the flour was increased by 1 tablespoon?

A. Determine the total weight of flours/grains.
2 cups Flour, sifted = 232 grams (see Step 1)
1 tablespoon Flour, sifted = 7.25 grams (16 tablespoons = 1 cup, so 116÷16 = the weight of 1 tablespoon Flour).
Total Flour = 239.25 grams (232 + 7.25 grams)

B. Each serving of bread product must have a minimum of 8 grams of enriched or whole-grain flour or meal for children 1-to-6 years old.

C. 239.25÷8 = 29.9
This Pumpkin Bread recipe yields a minimum of 29 equal servings for children 1-to-6 years old. A larger portion may be served.

Sample Recipe 3: Oatmeal Chocolate Chip Cookies

1 cup enriched all-purpose flour
1 cup uncooked quick rolled oats
1/2 cup brown sugar, packed
1/4 cup granulated sugar
1/2 cup margarine, softened
1 egg
1 teaspoon vanilla
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup chocolate chips

Step 1: Determine the total weight of the flours/grains in the recipe.

1 cup Flour = 126 grams (see chart)
1 cup Oats = 73 grams
Total Flours/Grains = 199 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars

1/2 cup Brown Sugar = 105.5 grams (see chart)
1/4 cup Granulated Sugar = 49 grams
Total Sugars = 154.5 grams

Fats

1/2 cup Margarine, softened = 112.5 grams (see chart)

Eggs

1 Egg = 50 grams (see chart)

Other

1 cup Chocolate Chips = 86 grams (see chart)

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

1 cup Flour **and** 1 cup Oats	= 199 grams
1/2 cup Brown Sugar **and** 1/4 cup Granulated Sugar	= 154.5 grams
1/2 cup Margarine, softened	= 112.5 grams
1 Egg	= 50 grams
1 cup Chocolate Chips	= 86 grams

Because the weight of the flours/grains is greater than the weight of the other ingredients, this product meets CCFP requirements as a bread/bread alternate.

Step 4: How many servings will this recipe make for children 1-to-6 years old?

A. Determine the total weight of the flours/grains in your recipe.
Flour and Oats = 199 grams (see Step 1)

B. Each serving of the bread product must supply a minimum of 8 grams enriched or whole-grain flour or meal for children 1-to-6 years old.

C. 199÷8 grams = 24.9
This Cookie recipe yields a minimum of 24 equal servings for children 1-to-6 years old. A larger portion may be served.

PART 2

Weights of Commonly Used Ingredients

FOOD ITEM	DESCRIPTION	WEIGHT OF 1 CUP (grams)
Applesauce	canned	257
Bananas	mashed	226
	sliced	145
Carrots	fresh, diced	144
	shredded	109
	strips	121
Cereals	All-Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes, whole	29
	Corn Flakes, crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed Rice	13
	Wheaties	32
Cheese	Cheddar, diced	132
	shredded	98
	Cottage Cheese, cream style	233
Chocolate Chips		167
Cocoa		86
Coconut	dehydrated, flakes	88
	shredded	91
Corn Syrup	light or dark	325
Cream	Half and Half	242
	Sour Cream	236
	Whipping	232
Eggs, large	whole, 1 egg	50
	white, 1 white	33
	yolk, 1 yolk	17
Flour, all-purpose	unsifted, spooned	126
	sifted, spooned	116
bread flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117

FOOD	DESCRIPTION	WEIGHT OF 1 CUP (grams)
self-rising	unsifted, dipped	130
	spooned	127
	sifted, spooned	106
whole wheat	spooned	120
Honey		325
Margarine or Butter	regular	225
	soft	208
Milk	fresh, fluid	241
	evaporated	251
	non-fat dry, instant	74
Molasses		309
Oats, quick cooking	uncooked	73
	cooked	246
Oil, cooking		209
Peanut Butter	crunchy	261
	smooth	251
Pumpkin	fresh, cooked, mashed	247
	canned	238
Raisins		144
Shortening		187
Sugar	brown, packed	211
	confectioners, unsifted	113
	confectioners, sifted	95
	granulated	196
Walnuts	chopped	120
Wheat Germ	spooned	115
Zucchini	fresh, uncooked, shredded	130

Taken from - Average Weight of a Measured Cup of Various Foods, Home Economics Research Report No. 41

Infant Feeding

The Infant Meal Pattern allows for a gradual introduction of solid foods and encourages breastfeeding or formula feeding up to the 1st birthday. The texture and amount of the feeding should be consistent with the age of the infant. For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Foods such as strained meat, fruit, vegetables, iron-fortified dry infant cereal, iron-fortified infant formula, and breast milk provide the maximum amount of vitamins and minerals for growing babies. Commercial foods such as combination or mixed baby foods are not creditable because water often is listed as the first ingredient, and it is difficult to determine from the ingredient label the actual amounts of the food components in the product.

Parents will also give you important information to help you in feeding their babies. You should communicate frequently with the parents so that you can coordinate foods served at home with foods served in your care. In this way, you can assure the best care for the babies.

To claim infant meals, a caregiver must supply ALL infant foods, including iron-fortified infant formula. If the parents provide any food you may not claim the infant's meals. **Exception: If a doctor requires formula or foods not on the Infant Meal Pattern Food Chart, a medical statement must be on file and a substitute food must be listed on the statement. The caregiver may claim the meal(s) in this case.**

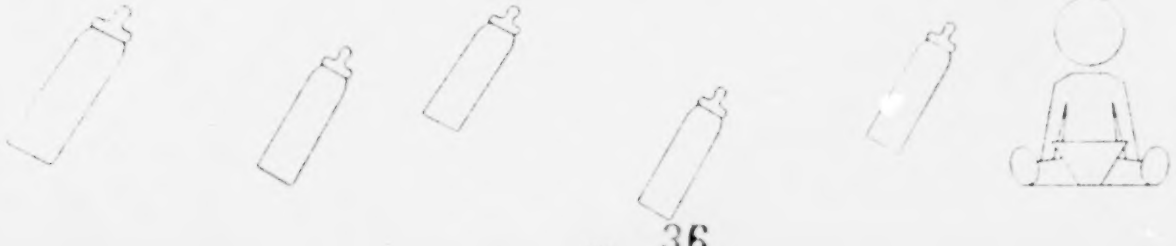
If a mother provides breast milk for the infant, the caregiver must supply at least one other required component in order to be reimbursed. Therefore, meals containing breast milk served to infants 4 months or older may be claimed for reimbursement when at least one other meal component is supplied by the caregiver. (If breast milk is served at snack for infants 0 through 7 months old, snack is not reimbursable).

Whole milk may be served beginning at 8 months of age, as long as infants are consuming 1/3 of their calories from a balanced mixture of cereals, vegetables, fruits and other foods. This helps ensure there are sources of Vitamin C and Iron in the infant's diet.

100% fruit juice is creditable only at snack from 8 months up to the 1st birthday. Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. **Never prop a bottle or give a bottle to a baby during nap time.** This can cause choking as well as tooth decay and ear infections.

Heating bottles in a microwave oven is **not** recommended because uneven heating can occur and burn the infant's mouth.

For more information on infants, see **Feeding Infants**, publication No. FNS-258.



FOODCHART
Child Care Food Program

INFANT MEAL PATTERNS

		AGE (mos.) 0 through 3	AGE (mos.) 4 through 7	AGE (mos.) 8 up to 1st Birthday
BREAKFAST	Iron-Fortified Infant Formula or Breast Milk* or	4-6 fl. oz.	4-8 fl. oz	6-8 fl. oz.
	Fluid Whole Milk			6-8 fl. oz.
	Iron-Fortified, Dry Infant Cereal		0-3 Tbsp.	2-4 Tbsp.
	Fruit and/or Vegetable of Appropriate Consistency**			1-4 Tbsp.
SNACK	Iron-Fortified Infant Formula or Breast Milk* or	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz.
	Fluid Whole Milk or			2-4 fl. oz.
	Full-Strength Fruit Juice			2-4 fl. oz.
	Crusty Bread*** or			0-½ slice
	Crackers***			0-2
LUNCH/ SUPPER	Iron-Fortified Infant Formula or Breast Milk* or	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz
	Fluid Whole Milk			6-8 fl. oz.
	Iron-Fortified, Dry Infant Cereal and/or		0-3 Tbsp.	2-4 Tbsp.
	Meat or Poultry or Fish or			1-4 Tbsp.
	Egg Yolk or Cooked Dry Beans or Peas or			1-4 Tbsp.
	Cheese or			½-2 oz.
	Cottage Cheese, Cheese food or spread			1-4 oz.
	Fruit and/or Vegetable of appropriate consistency**		0-3 Tbsp.	1-4 Tbsp.

* Breast milk, provided by the infant's mother, may be served in place of infant formula from birth up to the 1st birthday. **MEALS CONTAINING ONLY BREAST MILK DO NOT QUALIFY FOR REIMBURSEMENT.** However, meals containing breast milk served to infants 4 months of age or older may only be claimed for reimbursement when at least one other required meal component(s) is supplied by the child care facility.

** Juice does **not** fulfill the fruit/vegetable requirement at breakfast, lunch, or supper.

***Bread or crackers must be made from whole-grain or enriched meal or flour.

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Infant Creditable Foods

- Bread Crusts, Crackers, or Adult Cereal with enriched or whole-grain flour or meal as the first ingredient; **For Snack Only**
- Breast Milk
- Cheese or Cottage Cheese (Only when iron-fortified infant formula is served)
- Egg Yolk, cooked (Only for infants 8 months up to the 1st birthday)
- Evaporated Milk (Includes canned goat's milk; only for infants 8 months up to the 1st birthday)
- 100% Fruit Juice (2-4 ounces) **For Snack Only**
- Iron-fortified Infant Formula (Includes Soy-based)
- Iron-fortified Dry Infant Cereal
- Homemade Baby Food (Avoid salt, other seasonings, and fat)
- Single-Item Baby Foods, Commercial(Such as vegetables, fruits, and meats)
- Whole Milk (Only for infants 8 months and up)

Infant Non-Creditable Foods

- Baby Food Fruit Desserts
- Buttermilk
- Combination Dinners, Commercial(Example: meat/vegetable dinners, meat dinners, and dehy - drated dinners)
- Cream
- Dry Milk, Reconstituted
- Egg White
- Half and Half
- High Meat Dinners or Lean Meat Dinners
- Infant Meat Sticks
- Low-Fat Milk (Example: 1% milk, 2% milk, skim milk)
- Mixed Cereal with Fruit, Commercial
- Pedialyte
- Raw or Certified Raw Milk
- Skim Milk
- Whole Egg
- Yogurt

- Do not serve peanut butter, nuts and sceds and other similar foods to infants because choking can occur.

- Do not serve honey, raw or in cooked products, to infants until after the 1st birthday because honey contains harmful botulinum spores.

Questions and Answers about Infant Feeding

(1) **Q:** How can you serve "0" tablespoons of food according to the Infant Meal Pattern Food Chart?

A: Certain foods are listed as "0" tablespoons to let you know that the food is **optional** and should be served at your discretion. Also, you may serve less than 1 tablespoon of those foods.

(2) **Q:** Does an infant have to eat only at the specified meal times?

A: No. The meal pattern states breakfast, lunch, supper, and snack, but that is only a guideline. Babies may need to eat every 2 to 4 hours or more frequently than the specified times.

(3) **Q:** Why are some of the food portions so small?

A: The portions listed are the minimum amounts required by the infant feeding regulations. You may serve larger portions to those babies who would like more.

(4) **Q:** Why is fruit juice no longer required at breakfast, lunch, and supper?

A: The use of fruit juice, in addition to the required amount of formula or milk at each meal would be too much liquid and could discourage the baby from eating solids.

Crediting Combination Foods

You may credit combination foods for a total of three different meal components:

1) Meat/Meat Alternate
2) Bread/Bread Alternate
3) Fruit/Vegetable (count as one component only)

Example: Beef Stew with Beef, Carrots, Potatoes, Onions
Credit as:
-Meat/Meat Alternate
-Fruit/Vegetable (count as one component only)

Example: Peas and Carrots
Credit as:
-Fruit/Vegetable (count as one component only)

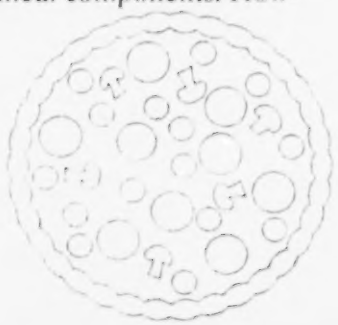
Example: Lettuce Salad
Credit as:
-Fruit/Vegetable (count as one component only)

Exception: Chef Salad (with Meat/Meat Alternate)
Example: **Chef Salad** with Hard Boiled Egg, Turkey, Cheese, Lettuce, Tomato, Celery, Cucumber
Credit as:
-Meat/Meat Alternate
-Fruit/Vegetable
-Fruit/Vegetable

Exception: Fruit Salad (with Meat/Meat Alternate)
Example: **Fruit Salad** with Cottage Cheese, Peaches, Pineapple, Pears, Bananas, Blueberries
Credit as:
-Meat/Meat Alternate
-Fruit/Vegetable
-Fruit/Vegetable

Combination foods, in beverage form, made from milk and **solid** fruits (or juice concentrate) may be credited at all meals and snacks as meeting the following meal components. However, amounts served must meet meal pattern requirements:

1) Fluid Milk
2) Fruit/Vegetable (count as one component)



Example: Banana Cow with Banana and Milk
Credit as:
-Milk
-Fruit/Vegetable (count as one component only)

A Menu Checklist

Use this checklist as a reminder when planning menus. Remember, menus must meet the Child Care Food Program Meal Requirements in order to be reimbursed for those meals or snacks.

Variety in Meals:

( ) Prepare a type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.

( ) Offer more fresh fruits or vegetables.

( ) Offer unusual fresh fruits or vegetables such as kiwi, jicama, etc.

( ) Serve special menus for holidays, theme days or serve cultural or ethnic foods for a change.

( ) Serve foods with a variety of color, texture, shape, flavor, and food temperature.

( ) If you are using cycle menus, review for changes periodically. Use seasonal foods.

( ) Make use of commodity foods in different ways. For instance, instead of always serving cheese cubes, try serving a cheese dip or use cheese in cooking.

( ) Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork.

Healthier Menus:

( ) Serve foods lower in salt.

( ) Serve foods lower in fat.

( ) Serve foods lower in sugar.

( ) Enhance flavors with spices, herbs, or lemon juice instead of with salt or fat.

( ) When serving canned or frozen fruit, use fruit packed in its own juice, light syrup or water, rather than fruit packed in heavy syrup.

( ) Only serve dried fruits such as raisins, prunes, and apricots, occasionally, since they stick to children's teeth and promote tooth decay.

( ) Reduce serving highly-processed foods such as hot dogs and bologna, which are high in fat, salt, and sugar.

( ) Bake, broil, or steam foods instead of pan frying or deep frying them.

( ) Serve lean meats, trim visible fat, and drain grease from meat.

( ) Serve foods high in Vitamins A, C, and Iron frequently. (See the chart Some Foods High in Vitamins A, C, and Iron on page 40).

Positive Attitudes Toward Food:

( ) Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and children may influence other children not to try that food.

( ) When introducing new foods to children, serve a small amount of the new food along with more popular and familiar foods.

( ) Include children in food activities to encourage children to try new foods and also to gain self-confidence.

( ) Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods cut smaller are easier for children to handle.

( ) Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day yet eat very lightly the next day.

( ) Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity. Therefore, allow children to talk with others.

( ) Encourage children to eat food or new foods in a low-key way. For instance, read a book about a new food that will be served that day, and serve the new food at snack when children are more hungry.

( ) Expose children to new foods five or six times instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes and the more likely they will be to try the food.

( ) Offer the new food first to a child who eats most foods. Children will usually follow other children and try the food.

( ) Have staff eat with the children. Have them eat the same foods that have been prepared for the children.

( ) Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable.

Some Foods High in Vitamins A, C, and Iron

Vitamin A - Serve foods high in Vitamin A at least twice a week.

Vegetables:
Asparagus
Broccoli
Carrots
Chili peppers, red
Kale
Mixed Vegetables
Peas and Carrots
Pumpkin
Spinach
Squash, winter
Sweet Potatoes
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Vegetable Juice

Fruits:
Apricots
Cantaloupe
Cherries, red sour
Nectarines
Peaches (not canned)
Plums, purple (canned)
Prunes

Other:
Egg yolk
Liver
Whole Milk and its products

Vitamin C - Serve foods high in Vitamin C at least daily.

Vegetables:
Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chili Peppers
Collards
Kale
Okra
Peppers, sweet
Potatoes, white
Spinach
Sweet Potatoes
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Turnips

Fruits:
Cantaloupe
Grapefruit
Grapefruit Juice
Oranges
Orange Juice
Raspberries
Strawberries
Tangerines

Iron - Serve as often as possible.

Vegetables:
Asparagus (canned)
Beans, green,wax, lima (canned)
Bean Sprouts
Beets (canned)
Broccoli
Brussels Sprouts
Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens
Parsnips
Peas, green
Potatoes (canned)
Sauerkraut (canned)
Squash, winter
Sweet Potatoes
Tomato Juice, Paste Puree, Sauce
Tomatoes (canned)
Vegetable Juice (canned)

Fruits:
Apricots (canned)
Cherries (canned)
Dried Fruits: apples, apricots, dates, figs, peaches, prunes, raisins
Grapes (canned)

Meat/Meat Alternates:
Dried Beans and Peas
Eggs
Meat in general, especially liver and other organ meats
Peanut Butter
Shellfish
Turkey
Tuna

Bread/Bread Alternates:
All enriched, whole grain, or fortified bread and bread alternates

For further information, contact the Child and Adult Care Food Program Nutrition Staff:

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